

Abstract

Thesis:

Detailed manual for training and coaching upcoming hockey players of 6 to 8 years of age.

Main objective:

The main purpose of the thesis is to portray and illustrate modern practice techniques. Furthermore, practice methods and detailed explanation of specific situations is also illustrated.

Strucutre of the thesis:

The theoretical part includes the analysis and presentation of several known and proven publications in regards to training methods. The practical section is dedicated to the explanation of the most modern methods and trends in high quality traning methods that are currently used in professional hockey. These professional methods include interactive, full-body drills.

Results:

The data analysis and the application of modern training methods serve not only to make the training units enjoyable and engaging, it also allows for young hockey players to learn and practice the necessary movements and tactics used in professional hockey.

Key words: ice hockey, manual, skating, practices, training, practice, drills, agility skating, powerskating.